

# DINNERLY



## Chermoula Beef and Glazed Carrots with Couscous and Onion Relish



30 minutes



2 Servings

Flash-fry chermoula-seasoned beef, then tumble onto a fluffy couscous salad dotted with glazed carrots and fresh mint. A sweet onion relish completes the picture.



## WHAT WE SEND

- 1 carrot
- 1 red onion
- 10g chermoula seasoning <sup>17</sup>
- beef stir-fry
- 150g couscous <sup>1</sup>
- mint

## WHAT YOU NEED

- 2 tbs olive oil
- 1 tsp honey
- 1 garlic clove
- 1 tsp sugar
- 1 tbs tomato paste
- 200ml boiling water

## TOOLS

- oven tray
- baking paper
- small frypan
- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 710kcal, Fat 23.9g, Carbs 67.8g, Proteins 52.1g



### 1. Roast carrot

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **carrot**, then halve widthwise and cut into 2cm-thick batons. Put on the lined tray. Combine **2 tsp olive oil**, **1 tsp honey** and a **pinch of salt** in a bowl, then drizzle over the carrot. Roast the carrot for 15 mins or until tender.



### 2. Make onion relish

Meanwhile, crush or finely chop **1 garlic clove**. Thinly slice the **onion**. Heat **1 tbs olive oil** in a small frypan over medium-high heat. Cook the onion, stirring, for 5 mins or until softened. Add **2 tsp chermoula seasoning** (see Make it yours), **1 tsp sugar**, **1 tbs water** and season with **salt**. Cook, stirring, for 1 min or until combined. Remove the pan from the heat.



### 3. Cook beef

Separate the **beef stir-fry**. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the beef, **garlic**, **2 tsp chermoula seasoning** and **1 tbs tomato paste**, stirring, for 2-4 mins until the beef is just cooked through. Remove from the heat. Season with **salt and pepper** and cover to keep warm.



### 4. Make couscous salad

Put the **couscous** in a large heatproof bowl, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork. Meanwhile, pick the **mint** leaves, discarding the stems. Add **half the mint**, **half the honey-glazed carrot** and any tray juices to the couscous and stir to combine.



### 5. Serve up

Divide the **couscous salad** among plates and top with the **beef**, **onion relish** and **remaining honey-glazed carrot**. Scatter over the **remaining mint** and enjoy!



### 6. Make it yours

Our chermoula seasoning has a mild chilli kick. If you prefer less heat, simply omit from the onion relish.